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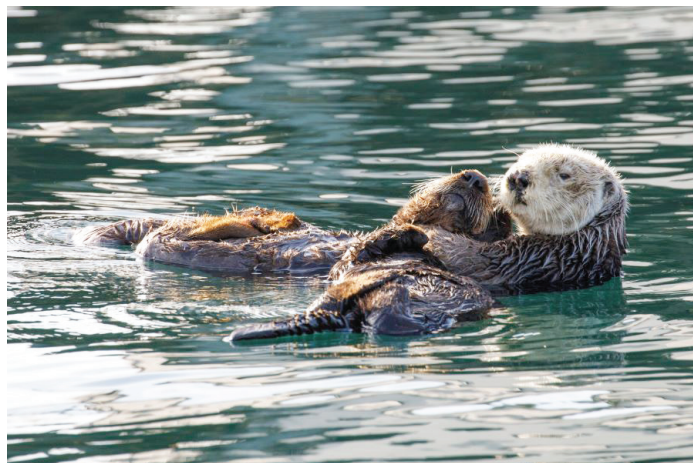
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Does CDFW Offer Any Tax-Deductible Donation Options That Help Conserve Wildlife?



CDFW

Tax Time

Q: Does CDFW offer any tax-deductible donation options that help conserve wildlife?

A: Yes, thank you for wanting to help native and endangered plants, animals and fish! California taxpayers have the option to help one or all three of California Department of Fish and Wildlife's (CDFW) tax check-off funds when filing their state income tax return:

The Rare and Endangered Species Preservation Voluntary Tax Contribution Program (Line 403 on Tax Form 540) supports conservation actions that help protect hundreds of rare, threatened and endangered plants and animals within our state.

The California Sea Otter Voluntary Tax Contribution Fund (Line 410 on Tax Form 540) supports CDFW scientists investigating causes of sea otter mortality and reasons why the species is not thriving in California. A portion of the funding goes to State Coastal Conservancy projects which help protect California's sea otter population.

The Native California Wildlife Rehabilitation Voluntary Tax Contribution Fund (Line 439 on Tax Form 540) helps sick, injured and orphaned wildlife by supporting permitted wildlife rehabilitation facilities through a new CDFW grants program.

Everything you need to know to complete your donation can be found on

CDFW's Voluntary Tax Contribution Funds webpage. We truly appreciate your positive impact on key issues affecting California's native species!

Rockfish Identification

Q: How do I know if I've caught a copper, quillback or vermilion rockfish?

A: This is an important question because new regulations to help protect depleted stocks of copper and quillback rockfishes go into effect this year. In addition to the new season and depth regulations, CDFW reminds anglers that there is still a one-fish sub-bag limit for both copper rockfish and quillback rockfish, and a four-fish sub-bag limit for vermilion rockfish.



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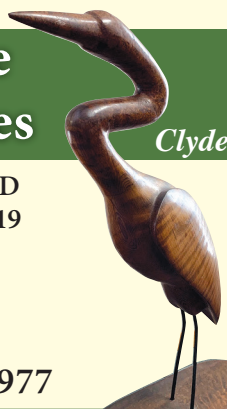
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1			7		4			8
www.sudoku.com								

While it can be challenging to identify rockfish, anglers are responsible for properly identifying the species they catch. CDFW has developed numerous fish identification resources for anglers including flyers to help distinguish copper, quillback and vermilion rockfishes from similar looking species:

Copper rockfish, canary rockfish and gopher rockfish identification

Quillback rockfish, China rockfish and black-and-yellow rockfish identification

Vermilion rockfish, canary rockfish and yelloweye rockfish identification

The Pacific States Marine Fisheries Commission's RecFIN website has additional fish identification materials. Visit CDFW's Groundfish webpage for more information including frequently asked questions.

Albino Rattlesnakes

Q: I'm an out-of-state licensed reptile breeder and I have a potential customer in California who wants to legally acquire captive bred albino Western Diamondback rattlesnakes (*Crotalus atrox*). I read that they might be a restricted species. Would the customer need a permit to purchase the snakes?

A: No, a permit would not be necessary in this case. However, we appreciate you checking because the regulations are complicated. First, *Crotalus atrox*, while native to California, isn't a restricted species. Currently, there are no native amphibians or reptiles that are a restricted species per California Code of Regulations (CCR), Title 14, sections 671(c)(3) and 671(c)(7). Note that the term "native" refers to all individuals from species and subspecies indigenous to California regardless of whether they are captive bred or from outside the state per CCR, Title 14, section 1.67.

Second, CCR, Title 14, section 40(a) states that importation of native California amphibians and reptiles is prohibited without permission from CDFW. That permission is afforded through various permits and licenses depending on the purpose of the importation, but the only one

that currently applies to the pet trade is a Native Reptile Propagation Permit issued per CCR, Title 14, section 43. That section is limited to the three species of snakes that may be commercially bred: *Lichanura orcutti*, *Lampropeltis californiae*, and *Pituophis catenifer* (subsection 43(c)). Additionally, captive bred albino native reptiles are exempt from the requirement to possess a permit to purchase, breed, and sell (subsection 43(a)(7)), and they can be imported and exported without a permit from CDFW.

Third, note that albinos are defined as individual native reptiles lacking normal body pigment and having red or pink eyes. Therefore, if your albinos do not meet both specifications they would not be exempted from the importation prohibition in CCR, Title 14, section 40(a).

In summary, as long as your albino rattlesnakes meet the physical description in the regulations, they are exempt from the prohibition on importation and the requirement of the recipient to purchase a propagation permit. However, note that some local jurisdictions have ordinances against possession of venomous animals, so the customer should check to see if they live in one of those areas.

Answer provided by CDFW Amphibian and Reptile Conservation Coordinator Laura Patterson. ♦

If you have a question you would like to see answered in the California Outdoors Q and A column, email it to CalOutdoors@wildlife.ca.gov.

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GARDENING



Cat grass kits are easy to grow and provide fresh, healthy wheatgrass, oatgrass and/or ryegrass for cats to nibble on instead of your plants.

Photo courtesy of True Leaf Market

Keep Your Houseplants Safe from Cats

by Melinda Myer

GROWING HOUSEPLANTS when curious cats are in the house can be challenging. We want our cats to be safe and happy while keeping our houseplants intact. You can accomplish both with a few simple strategies.

Boost indoor gardening success by selecting plants suited to your home's growing conditions and gardening style. Then be sure to remove any toxic plants to ensure your pet's safety. Consult with your veterinarian and visit the American Society for the Prevention of Cruelty to Animals (ASPCA) website for a list of pet-safe and toxic plants.

Create a list of all the plants you are growing. Include both common and botanical names for accurate identification. Do a bit of research on the care they need and their toxicity to your pets. If

you suspect your pet has ingested a toxic plant, you'll have the proper plant name when contacting your veterinarian.

Match the pet-friendly plants you select to their preferred light conditions. An east- or west-facing window provides enough light for most indoor plants. Keep those that need brighter light within two feet of a window. Those that prefer lower light can be grown near a north-facing window or up to six feet back or off to the side of an east- or west-facing window.

Keep toxic plants out of the reach of curious cats. This can be challenging if your cat is skilled at jumping and climbing. There are so many beautiful houseplants it may be safer to simply avoid those that are toxic.

CONTINUED ON PAGE 8 →

MY NAME IS TROOPER

Treeing Walker Coonhound
1 year, 4 months, Male.



MY NAME IS PLUM

Domestic, Short Hair.
8 months, Female.



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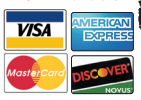
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Safe from Cats

← CONTINUED FROM PAGE 6

Make your houseplants less appealing to your cat with the smell of citrus. Spray a mixture of lemon, lime or orange juice diluted with some water on the leaves of your plant. Or purchase one of the commercial mixes. If you don't want to spray your plants, place citrus peels in the pot.

Give your cat a pot of grass to nibble on and enjoy instead of your houseplants. Most cat grass kits contain wheatgrass, oat grass, ryegrass or a mixture of these. A pot of cat grass can help entertain your cat, provide fiber and

some micronutrients, and aid in digestion.

There are several theories as to cats' attraction to greenery. One theory suggests plants were used to help them regurgitate undigested parts of their prey. Many cat owners find it also works for hairballs. Another theory suggests that greens provide vitamins and minerals, may promote health and aid in digestion.

Busy and new gardeners can successfully grow a pot of cat grass. Look for an easy-care growing kit like True Leaf Market's Organic Self-Watering Cat Grass Kit (trueleafmarket.com). You'll

only need to fill the water reservoir twice a week and the container helps eliminate messes and spills that often happen with traditional pots.

Prevent curious cats from knocking over any of your plant containers with the help of mounting putty. A couple of pieces on the bottom of the pot will help reduce the risk of toppling.

Prevent cats from using indoor plants as litter boxes. Cover the soil surface with coarse mulch, like cork or large nugget mulch. If this is not an option, spray the soil surface with the citrus and water mix to help discourage digging.

Regular play can entertain your cat, help reduce stress, and even reduce plant nibbling. This is also good for your well-being and the beauty of your indoor plants.

Implement these strategies and you'll be able to help your cats and plants coexist in your home. ♦

Melinda Myers is the author of more than 20 gardening books, including *Small Space Gardening* and *Midwest Gardener's Handbook*, 2nd Edition. She hosts *The Great Courses* "How to Grow Anything" instant video and DVD series and Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by True Leaf Market for her expertise to write this article. Her website is www.MelindaMyers.com.



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5 Tax-Efficient Strategies to Include in a Holistic Financial Plan

(STATEPOINT) As consumers focus on filing taxes and spending returns, a new study reveals a need for increased awareness around tax-efficient financial strategies. Lincoln Financial Group's Consumer Sentiment Tracker reports that only 2 percent of Americans can correctly identify financial solutions with tax advantages, despite one in three saying they prioritize investments that would help them pay less in taxes either now or in the future.

"Lincoln's research shows consumers are under-educated about tax strategy and tax-efficient investments, revealing a disconnect between aspirations and actions," said David Berkowitz, president, Lincoln Financial Network, the wealth management arm of Lincoln Financial Group, which provides advice and guidance through its network of independent financial professionals. "Consulting a financial professional and learning more about products and solutions can grow one's confidence in their financial decisions."

While not intended to be legal or tax advice, Lincoln Financial Group recommends considering the following five tax-efficient strategies as part of a holistic financial plan:

1. Contribute to a workplace retirement account. Pretax contributions to an employer-sponsored retirement savings plan will reduce total taxable income and allow savings to grow tax deferred. A good rule of thumb is to save at least 10 percent to 15 percent of your pay, but if that feels out of reach, start whenever possible and increase contribu-

tions a little each year to see big changes in total savings over time. Remember to save up to the employer match, if one is offered.

2. Explore the value of lifetime income. At a time when people are living longer and face greater risks to their savings, an annuity can provide protected guaranteed monthly income that can last a lifetime. Taxes on the gains aren't paid until the money is withdrawn, so interest can be earned on the money that would have otherwise been paid in taxes. Being in a lower tax bracket during retirement means potentially paying less in taxes overall on the same amount of money. A financial professional can help determine which type of annuity might best fit your specific needs.

3. Prepare for unexpected long-term care costs. The greatest changes to income and lifestyle may result from an unexpected long-term health care event. Different solutions can help provide a cushion, and many of these benefits are income tax-free. Understanding the various policies is the first step in helping ensure you'll receive needed care without passing a financial burden on to family or loved ones.

4. Diversify a portfolio with life insurance. Adding cash value life insurance to a larger financial plan can help protect savings and provide an income

tax-free death benefit for your beneficiaries, as well as tax-deferred growth opportunities. It can also offer advantages that help meet goals at every stage of life, including funding a child's education costs; strengthening retirement savings; creating additional cash flow; and protecting wealth for future generations. Keep in mind that if loans or withdrawals are taken from the policy, it will reduce the value of the death benefit and other payouts, as well as have potential tax consequences.

5. Work with a financial professional. According to Lincoln's study, just 1 in 5 U.S. adults feels very confident about making financial decisions to minimize exposure to taxes, yet 47 percent say they are more concerned about the impact of taxes on their retirement savings due to the current market. A financial professional can help tailor a holistic plan to your needs, as well as provide education about various insurance and retirement solutions.

"Ongoing challenges like market volatility, inflation and changing tax laws have the potential to hit wallets hard," said Berkowitz. "That's why tax-efficient investing is an important aspect of financial planning that can help you build wealth and achieve your financial goals."



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Connecting Those With Heart Defects to Needed Care



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(STATEPOINT) Congenital heart defects (CHDs) are the most common birth defects and doctors and affected families can help ensure that individuals with CHDs receive lifelong congenital cardiac care to stay healthy. In 2010, it was estimated that approximately 1 million children and 1.4 million adults were living with a CHD in the United States. However, about 60 percent of individuals with CHDs don't see a congenital cardiology specialist after age 18 for follow-up.

Congenital cardiology care is essential, even for those who are not currently experiencing symptoms. In addition to the need to manage the CHD, affected individuals remain at risk for developing acquired cardiac conditions of adulthood. These include a range of potentially serious conditions such as arrhythmias, atherosclerotic heart disease, congestive heart failure, endocarditis, hypertension, hyperlipidemia and pulmonary hypertension.

According to advocates, a primary care physician is often the only doctor a patient sees, making it critical that patients disclose their CHD to their doctors, and for doctors to help ensure they get the specialized care they need to stay healthy and safe over the years.

"Although most individuals with CHDs require lifelong congenital cardiac care, many children and adults experience gaps in care for several years or more," says Dr. Sherry Farr from the Centers for Disease Control and Prevention. "Whether these lapses are due to loss of insurance, financial barriers or an inaccurate belief that their heart defect has 'been cured,' physicians that these patients see for other reasons can facilitate continuity of cardiac care."

Dr. Farr suggests that physicians start

the conversation with patients by asking them if they ever had heart problems. After learning that a patient has a heart defect, they should then emphasize the need for continuous care, even in cases where patients feel well. Doctors should be prepared to both explain the vital role of congenital cardiologists and provide a referral for a specialist in the area. Patients with CHDs should share their health history at their appointment and be ready to ask questions and seek referrals.

The new CHD Awareness Toolkit from the American Academy of Pediatrics and Centers for Disease Control and Prevention offers resources to help physicians connect people with heart defects to the care they need. It includes materials for pediatricians and family physicians (who treat children), internal medicine physicians and family physicians (who treat adults), obstetrician-gynecologists and emergency room physicians. To learn more or to download the toolkit, visit aap.org/CHDcare.

People with heart defects need lifelong congenital cardiac care. By getting the conversation started, patients and physicians can help ensure continuity of care. ♦

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Expert Tips for Welcoming a Kitten



Photo courtesy of Getty Images

(FAMILY FEATURES) Fostering kittens and cats has risen in popularity during these unprecedented times, and many pet lovers are becoming fosters to help overcrowded animal shelters. Fostering a kitten can be a fun and exciting time, but it may also come with a learning curve.

Among the 43 percent of respondents to a Royal Canin survey, who have fostered a pet, 6 in 10 have “foster failed” and permanently adopted the pet they were fostering. Most pet owners who responded also agree the first year of pet ownership is the most important, but 64 percent believe it is the most difficult, as well.

Whether you’re fostering or adopting a kitten, learn how to give your kitten proper care during her first weeks and months with you with this advice from the experts at Royal Canin.

Arriving Home

The new sights, sounds and smells in your home, and the separation from her mother, may make your kitten feel stressed. Keeping the environment calm and quiet can ease the transition.

When you arrive home, put the cat carrier in the room you’ve prepared for the kitten with the kitten still inside,

allowing her to get acclimated before opening the door. Then allow the kitten to explore a closed-off area. Resist the urge to cuddle your kitten right away.

As your kitten gains confidence in its new surroundings, she will want to explore more. Make sure the environment is prepared with electrical wires and

outlets covered; windows, balconies and stairs secured; and small or sharp objects put away so she can safely explore with your supervision. If there are possible hazards, a designated room with windows and plenty of social contact for the first few weeks may be better.

CONTINUED ON NEXT PAGE →



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Welcoming a Kitten

← CONTINUED FROM PREVIOUS PAGE

Creating a Safe Place

Kittens can tire easily. After a little exploration time, give your kitten access to a bed in a cozy, quiet place with access to water, food and a litter box. Turning out the light helps establish sleep patterns, but on the first night you might want to leave a night light on to help with the adjustment.

Provide somewhere quiet to eat. This should be somewhere your kitten feels secure, away from where you and any other pets eat. Cats don't like to eat too near their litter boxes and should always have fresh water available.

As kittens grow rapidly, their digestive and immune systems develop slowly and they have specific nutritional needs that are different from adult cats. Any sudden changes in your kitten's diet can cause digestive trouble, so for the first few days, keep the same feeding routine as the previous caretaker. You

can slowly switch to a different routine, if you choose, and transition to kitten food suitable for the appropriate growth stage. For example, Royal Canin Kitten formulas are tailor-made with optimal vitamins and minerals to support healthy development.

Ongoing Care

Your kitten should see a veterinarian as soon as possible. In addition to a general health check, your vet can help you create a vaccination schedule and give advice on deworming, nutrition and more. Always use a carrier to transport your kitten safely while in the car and into the vet's office.

Gradually introducing your kitten to new experiences can help with socialization. New sounds can startle a kitten, so be ready to offer plenty of reassurance. You may also need to introduce new terrain like stairs or unfamiliar surfaces. Gentle play and careful handling can

help your kitten become more comfortable with being touched.

Learn more about proper cat nutrition and how to create a welcoming home at royalcanin.com. ♦

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KATIE MCKAY
Photography



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How a Housing Counselor Can Help Prepare You for Homeownership



StatePoint.net

(STATEPOINT) Buying a home can be intimidating, whether this is your first time or you've been around the real estate block before. The good news? You don't have to go it alone. If you're looking for a trusted partner throughout the process, working with a housing counselor can help prepare you for homeownership.

If you're not sure what a housing counselor does or whether this service is right for you, consider these insights from Freddie Mac:

What is a Housing Counselor? Housing counselors are trained, independent professionals who are available to offer advice, listen and help you make informed decisions based on your financial situation and needs — often at little or no cost. Their job is to help you navigate the homebuying journey and ensure you're financially prepared for long-term, successful homeownership.

What Services Do They Provide? One of the primary roles of a housing counselor is to prepare you for homeownership through workshops and one-on-one counseling. The counselor will start by asking you questions about your income, credit and savings to help determine if you're ready to buy and how much you plan on spending. Similar to a conversation with a potential lender, the more organized and prepared you are, the more productive your conversation will be. Once they understand your current financial situation, they will:

- Provide guidance on down payment

options and local down payment assistance programs.

- Help you understand the features and costs associated with the various types of mortgages available.
- Teach you important financial skills, such as planning your budget and building, maintaining and improving your credit.
- Advise you on the role of your real estate agent and lender.

It's important to know that housing counselors can be there for you beyond the homebuying process. For example, if you are facing financial difficulties and struggling to pay your mortgage down the line, a housing counselor can offer financial guidance and work with your lender to help you avoid foreclosure.

How Do You Find a Housing Counselor? Although finding a housing counselor can be as simple as running a search online or calling a hotline, it's important to carefully consider your options. Unfortunately, scam artists abound, preying on home buyers and struggling homeowners alike. Here are three ways to find a legitimate housing counselor:

- Reach out to a HUD-certified housing counselor at one of Freddie Mac's Borrower Help Centers or Borrower Help Network for free assistance.
- Search for a HUD-certified housing counselor in your area on the Consumer Financial Protection Bureau's website.
- Call the national HOPE hotline at 888-995-HOPE or visit its website at

995HOPE.org. This hotline is free and available 24 hours a day.

For more information about preparing for and sustaining long-term homeownership, visit My Home by Freddie Mac.

Buying a home is one of the largest financial decisions you can make. Having a trusted expert in your corner means you don't have to go it alone. ♦

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and 60 pounds.



MY NAME IS ASH
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Honoring the Bravery and Sacrifice of U.S. Service Members

(STATEPOINT) Every year, the United Service Organizations (USO) honors junior enlisted service members who have exhibited a commitment to protecting and serving others both on and off duty.

Nominated by their command leadership, the seven 2022 USO Service Members of the Year come from every military branch, and government officials, military leaders and USO supporters recently celebrated their achievements at the USO's Annual Awards Dinner in Washington DC, hosted by Drew Carey.

"From defending an Air Base to rescuing civilians in accidents and fires, these honorees have performed inspiring acts of heroism, exemplifying the values of both the USO and the Armed Forces," said USO president and CEO, J.D. Crouch II.

Here's what to know about this year's honorees:

● **USO Soldier of the Year:** Sergeant Erick Ceja was responsible for enabling the first U.S. Patriot missile engagement in combat in more than 19 years after incoming enemy ballistic missiles were identified as threats to the Al Dhafra Air Base. He analyzed the incoming threat, manned his battle station to ensure all launchers were operating properly and led his crew members through a perfect assumption drill. His actions ensured the safety of more than 3,500 service members and Department of Defense civilians.

● **USO Airman of the Year:** Without hesitation, Staff Sergeant Blake M. Metscher climbed through an overturned minivan to rescue a trapped family suffering from head trauma and lacerations in a multi-vehicle highway accident. His actions were key to the victims' survival and lauded by first responders.

● **USO Coast Guardsman of the Year:** Maritime Enforcement Specialist Second Class Jacob Flores saved three lives on an uncharted section of the Rio Grande River while operating a Response Boat early one morning. Upon spotting two women and an infant struggling with no life preservers, Flores dove in to pull them from the unforgiving river despite imminent personal danger. His actions ensured the safety of all three victims who received emergency medical care after the rescue.

● **USO Marine of the Year:** Corporal Alec T. Cruz saved the life of a fellow Marine after responding to a 911 call requesting medical assistance for an unconscious service member. He quickly placed her in the recovery position, evaluated her condition, and initiated CPR when her breathing stopped and a pulse could no longer be located. Cruz revived the Marine after two cycles of CPR and provided life-saving support while awaiting medical care.

● **USO Sailor of the Year:** While off duty near his home base in Virginia, Cryptologic Petty Officer Third Class Ty Knight responded to the sound of gunshots from a drive-by at a nearby intersection. He and another sailor took action, supported the survivor at the scene and remained with them until emergency officials arrived.

● **USO National Guardsman of the Year:** Specialist Solomon Doss responded to a fire early one morning while on duty as a police officer in Alabama. He brought an elderly woman who had become incapacitated due to smoke inhalation to safety before the building was engulfed in flames. His composure and rapid response saved her life.

● **USO Guardian of the Year:** Sergeant Octavio Cesar Castruita was off duty when he witnessed a pregnant woman cry for help as a visibly distraught man attempted to seize her vehicle. He ran to the woman's aid, then detained the offender long enough for emergency responders to take him into police custody. Castruita's rapid response saved the woman and her unborn child from harm.

To learn more about the 2022 USO Service Members of the Year, visit <https://www.uso.org>, and join the conversation by following the USO on Facebook, Twitter, and Instagram and using the #BetheForce hashtag.

"America's service members put their lives on the line to keep us safe. That is why it's so vital to honor their service and sacrifice," says Crouch. ♦



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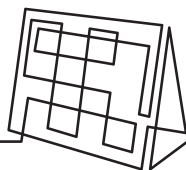
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Calendar

April 6 - April 20, 2023



Virtual World

ARTS & CULTURE

Equity Arcata's Community Book Club. Third Monday of every month, 4-6 p.m. Virtual World, Internet, Online. Alia Dunphy and Meridith Oram discuss Adrienne Marie Brown's book *Emergent Strategy: Shaping Change, Changing Worlds*. On Zoom. Register online. equityarcata.com.

On the Same Page Book Club. Wednesdays, 5:30 p.m. Virtual World, Internet, Online. Online book club that meets on the first Wednesday of the month on Zoom. Sign up using the Google form at forms.gle/bAsjdQ7hKGqEgJKj7.

LIFESTYLE & COMMUNITY

English Express: An English Language Class for Adults. Tuesdays. Virtual World, Internet, Online. Build English language confidence in ongoing online and in-person classes. All levels and first languages welcome. Join anytime. Pre-registration not required. Free. englishexpressemastered.com. (707) 443-5021.

Sistahood. Saturdays, 9:30-11 a.m. Virtual World, Internet, Online. For women teenagers and older on Zoom, to build healthy relationships and strengthen ties through validation and affirmation. Music from 9:30 a.m., open conversation from 9:45 a.m., meditation with the Sista Prayer Warriors from 10:45 a.m.

Volunteer Orientation Food for People. Mondays, 3:30-4:30 p.m. and Thursdays, 3-4 p.m. Virtual World, Internet, Online. Help fight hunger and improve nutrition in the community. Visit the website to be invited to a Zoom orientation. Free. volunteer@foodforpeople.org. foodforpeople.org. (707) 445-3166, ext. 310.

Curry County

LIFESTYLE & COMMUNITY

Knights of Columbus Breakfast. Second Sunday of every month, 8-10:30 a.m. Star of the Sea Catholic Church, 820 Old County Road, Brookings. Every second Sunday of the month. \$8.

Del Norte County

ARTS & CULTURE

"How Sweet It Is". Fri., April 7, 7 p.m. Tolowa Event Center, 350 N Indian Road, Smith River. Steve Leslie sings James Taylor. visitdelnortecounty.com/venue/tolowa-event-center/.

LIFESTYLE & COMMUNITY

Del Norte County Spring Job Fair. Thu., April 6, 2-5 p.m. Del Norte County Fairgrounds, 421 US-101, Crescent City. Meet with employers from various industries, including healthcare, local government, manufacturing and more in the Main Hall. Discover resources and services to improve your resume writing, interviewing and networking.

Easter Egg Hunt 2023. Sun., April 9, 11 a.m.-1 p.m. Crescent City Harbor District, 101 Citizens Dock Rd. Easter egg hunt, local artists, food vendors. T-shirt design contest for ages 5-19.

Fred's Spring Egg-Venture. Sat., April 8, 9:30 a.m.-noon. Fred Endert Municipal Pool, 1000 Play St., Crescent City. Children get a goodie bag with toys and treats, hunt for eggs in the pool and play games on the deck for prizes. Three time slots for age groups: 6 month-3 year olds at 9:30 a.m.; 4-7 year olds at 10:30 a.m.; 8-12 year olds at 11:30 a.m. \$5 per child. (707) 464-9503.

Kamome Festival. Fri., April 14, 9 a.m.-7:30 p.m. Crescent Elk Auditorium, 994 G St, Crescent City. Celebrate the 10-year anniversary of the Kamome Boat Project. Kids activities, Taiko drumming, follow an interactive trail to learn about the story of Kamome, tsunamis and earthquakes, unveiling of the commemorative Kamome art mural and much more. Reserve your free ticket at visitdelnortecounty.com/event/kamome-festival/.

Ocean Air Farms Farm Stand. Saturdays, 10 a.m.-3 p.m. Ocean Air Farms, 2420 Moorehead Road, Crescent City. Roadside farm stand offering homegrown organic veggies and produce.

Trinity County

ARTS & CULTURE

Angelic Noise. Sat., April 15, 6 p.m. Trinity County Brewing Co., 301 Main Street (State

Route 299), Weaverville. Acoustic duo.

LIFESTYLE & COMMUNITY

Annual Acorn Dance. Sat., April 15, 11 a.m. Young Family Ranch, 260 Oregon St., Weaverville. Join Wintu Educational & Cultural Council to learn how they pray for a healthy and bountiful acorn harvest to come in the fall. Enjoy craft activities, ceremonial practices and a potluck.

NIGHTLIFE

Open Mic Night. Thursdays, 4-7 p.m. Trinity County Brewing Co., 301 Main Street (State Route 299), Weaverville. Food, music, beer and friends.

Humboldt County

ARTS & CULTURE

'No Strings Attached' Trivia. Tuesdays, 6-8 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Enjoy trivia games hosted by local comedians and compete for prizes. Trivia is followed by a feature comedy show at 9 p.m. Free. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Arcata Premiere - Elemental: Reimagine

Wildfire. Sat., April 8, 4:30-7:30 p.m. Arcata Theatre Lounge, 1036 G St. Film featuring climate experts, Indigenous people and fire survivors discussing our relationship with wildfire. Proceeds benefit the Cultural Fire Management Council. \$10. hello@elementalfilm.com. elementalfilm.com. (503) 504-2432.

Arts! Arcata. Second Friday of every month, 4-8 p.m. City of Arcata, Arcata. Celebrate the visual and performing arts in Downtown Arcata during Arts! Arcata. Enjoy art, shopping, live music, events and more.

Bingo and Beer. Wed., April 19, 6-8 p.m. Gyppo Ale Mill, 1661 Upper Pacific Drive, Shelter Cove. Join host Davey G every other Wednesday for this family-friendly game of numbers. Get one card free and additional cards with food and drink orders. Free. family@gyppo.com. gyppo.com/calendar-of-events. (707) 986-7700.

Blu Axis. Fri., April 14, 5-8 p.m. Gyppo Ale Mill, 1661 Upper Pacific Drive, Shelter Cove. Blues/rock power trio. family@gyppo.com. gyppo.com/calendar-of-events. (707) 986-7700.

Bored Games. Thursdays, 6-8 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Every Thursday night we pull out the board games and it's free play. Snacks, drinks and laughs. All ages w/caution for language. Age 21 and up w/ID to drink. Free, donations accepted. info@savagehenrycomedy.com. [16](http://savagehenry-</p></div><div data-bbox=)

comedy.com. (707) 845-8864.

Cal Poly Humboldt Recital Series: David Tanenbaum and Jennifer Trowbridge. Sat., April 8, 8 p.m. Fulkerson Recital Hall, Cal Poly Humboldt, Arcata. Internationally renowned guitarist David Tanenbaum and CPH guitar instructor Jennifer Trowbridge and five of her students perform works by Phillip Glass, Lou Harrison, George Crumb, Terry Riley and Aaron Jay Kernis. \$15, \$5 child, \$5 CPH students, \$7 livestream. mus@humboldt.edu.

Cheech and Chong's Up In Smoke. Thu., April 20, 7:30-9:30 p.m. Eureka Theater, 612 F St. Special 420 presentation. Two stoners unknowingly smuggle a van made entirely of marijuana from Mexico to L.A., with incompetent Sgt. Stedenko on their trail. Doors at 6:30 p.m. 10 adults, \$5 ages 12 and under. info@theeurektheater.com. eureka-theater.org/event/cheech-and-chongs-up-in-smoke/. (707) 442-2970.

Dances of Brazil. Thursdays, 5:30 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Learn Brazilian dances with instructors Rocío Cristal and María Vanderhorst. All levels. Limited to five people. Register online. \$15. talavera.rocio@gmail.com.

Evelyn's Casket, 5 Cent Freakshow, Ghost Waves. Wed., April 19, 9 p.m. The Jam, 915 H St., Arcata. Horror punk, thrash, skate punk. Ages 21 and up. \$5. thejamarcata.com.

Farm to Table: Late Night Comedy. Saturdays, 11 p.m.-1:30 a.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Baseball Robby curates this small batch artisanal stand-up comedy showcase. \$5. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Jesus Christ Superstar (1973). Sun., April 9, 5-8 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show at 5 p.m. Movie at 6 p.m. Rated G. All ages. Follow the iconic story of Jesus Christ from his triumphant entry into Jerusalem to his heartbreaking crucifixion with epic musical numbers. \$8, \$12 admission and poster. info@arcatatheatre.com. facebook.com/events/540139824919966. (707) 613-3030.

Line Dancing in the Grand Theater Ballroom. Second Wednesday of every month, 6:30-8:30 p.m. The Historic Eagle House, 139 Second St., Eureka. Instructor led. All skill levels welcome. Dressing to impress (cowboy/girl hats, boots and belt buckles) encouraged. Ages 21 and up. \$10. trex@historiceaglehouse.com. fb.me/e/2DvF7KE90. (707) 407-0634.

Live Music. Fridays, 6-8:30 p.m. Fieldbrook Market & Eatery, 4636 Fieldbrook Road.

Every Friday, local bands play folk, bluegrass, Americana. Always family friendly. Check Facebook or Instagram for updates on who's playing. Free. fieldbrookmarket@gmail.com. (707) 633-6097.

McKinleyville Community Choir Rehearsal. Thursdays, 6:30-8:30 p.m. Arcata Presbyterian Church, 670 11th St. Join if you like to sing or play an instrument. Reading music or prior experience not necessary. Rehearsals are every Thursday evening. ccgreene46@gmail.com. (831) 419-3247.

Open Mic Night. Mondays-Sundays, 9 p.m.-midnight. Central Station Sports Bar, 1631 Central Ave., McKinleyville. Signup begins 8:40 p.m. Open to all types of expression: music, poetry, etc. No cover, tips appreciated.

Open Mikey. Wednesdays, 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. The longest running comedy open-mic in the county. Sign up at 9 p.m. for a five-minute set. Show at 9:30 p.m. Snacks, drinks, zero hate speech tolerated. All-ages w/caution for language. Free, donations accepted. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Opera Alley Cats. Tuesdays, Fridays, 7-10 p.m. The SpeakEasy, 411 Opera Alley, Eureka. Professional-level jazz twice a week with cool vibes and great people. Free. thespeakeasybar@yahoo.com. facebook.com/speakeasyeureka. (707) 444-2244.

Please Don't Leave. Fridays, 11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Scott Hoyle runs this improv-based comedy show with a rotating panel of the best local comedians and touring comics. \$5. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Raise the Roof. Sat., April 8, 7-8:45 p.m. Morris Graves Museum of Art, 636 F St., Eureka. A poetry and music fundraiser for a new roof. Performances by Eureka Poet Laureate Wil Gibson, former Eureka Poet Laureate David Holper, Daryl Chinn, Larry Crist, Jeff DeMark, Anne Fricke, Susanna Gibson, Jerry Martien and Zera Starchild. Music by Jeff DeMark, Paul DeMark, DJ Goldylocks and Zera Starchild. Books for sale, cash bar. Tickets available at Eureka Books and Wildberries. \$20. jemima@humboldtarts.org. humboldtarts.org. (707) 442-0278.

Renaissance Church w/Mo Desir. Sun., April 9, 12-1 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Full body workout and stretch to the Renaissance album by Beyoncé. All dance

CONTINUED ON NEXT PAGE →



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Calendar

← CONTINUED FROM PREVIOUS PAGE

levels invited to join in on easy to follow hip hop, dancehall and ballroom routines. Free, \$5 suggested donation. Admin@MoHDCreates.com. mohdcreates.com/schedule-of-events. (707) 633-3137.

Sci-Fi Night: Everything Everywhere All at Once (2022). Wed., April 12, 6-9:30 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show at 6 p.m. Raffle at 6:55 p.m. Main feature at 7 p.m. Rated R. All ages (12 and under parental guidance suggested). Follow Evelyn Wong's journey through parallel realities as she struggles with a failing laundromat and strained relationships. \$5, \$9 admission and poster. info@arcatatheatre.com. facebook.com/events/737382481219457. (707) 613-3030.

Sensing Shared Systems. Sun., April 9, 1-4 p.m. Synopsis Union, 1675 Union St., Eureka. Contact improvisation workshop with Kevin Dockery, exploring breath, wholeness, movement, weight and connections. Continues April 9 from 1 to 4 p.m. Pre-register by email. \$30-\$60. jebsky@gmail.com.

Sister Act. Fridays, Saturdays, 8 p.m. Ferndale Repertory Theatre, 447 Main St. A feel-good musical comedy based on the 1992 film. Get

tickets online. ferndalerep.org.

Songwriters Sharing Circle. Second Sunday of every month, 10:30 a.m.-noon. Abundance Upcycle Boutique, 410 Railroad Ave., Blue Lake. In-person sharing space for songwriters to play original songs. Structured into six-minute blocks per person in a round-robin format. Play live with an audience who support the songwriting process. Details on Second Sunday Songwriters Humboldt Circle Facebook page. Free/donation. (707) 616-4502.

Stand-up Comedy Workshop. Sundays, 7-8 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Led by local stand-up comic Jessica Grant. Bring a pen or pencil, and circle up to talk shop about jokes. Open to anyone interested in performing stand-up comedy. Drop-ins welcome. Free, donations accepted. JessicaGrantComedy@gmail.com. savagehenrycomedy.com. (707) 845-8864.

Student Art Exhibition. Tuesdays. College of the Redwoods Creative Arts Gallery, 7351 Tompkins Hill Road, Eureka. A range of media and styles, including realistic and abstract painting, life drawing, functional ceramics, landscape and conceptual photography, sculpture and collage. Reception and awards April

19, from 2 to 5 p.m.

Sunday Jazz Jams. Sundays, 5:30-8:30 p.m. Blondies Food And Drink, 420 E. California Ave., Arcata. Every Sunday. Jazz players, all ages, all levels. Bring your ax and play some Real Book tunes. Everybody who wants to plays. Free. blondiesfoodanddrink@gmail.com. blondiesfoodanddrink.com. (707) 822-3453.

Sunday Open Mic. Sundays, 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Sign-ups at 9 p.m., show at 9:30 p.m., local favorite features for the 10@10. Comics get five minutes. Zero hate speech tolerated. All-ages w/caution for language. Snacks, drinks. Free, donations accepted. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

The Princess Bride (1987). Sun., April 16, 5-8 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show at 5 p.m. Movie starts at 6 p.m. Rated PG. All ages. Watch Westley battle Prince Humperdinck to save his beloved Buttercup and meet unforgettable characters. \$8, \$12 admission and poster. info@arcatatheatre.com. facebook.com/events/3122060018092738. (707) 613-3030.

Thinkin' & Drinkin'. Tue., April 11, 6-8 p.m. Gyppo Ale Mill, 1661 Upper Pacific Drive, Shelter Cove. Humorous trivia with David Gilchrist. family@gyppo.com. gyppo.com/calendar-of-events. (707) 986-7700.

Thursday Night Art. Thursdays, 4-7 p.m. The Sanctuary, 1301 J St., Arcata. Bring your own supplies or use what's around to collage, paint, draw, make an art book. Bring an instrument to jam in the Great Hall. Free, \$5-\$20 donation appreciated. sanctuaryarcata.org.

Wallace or Just Kicking Around in Indonesia. Wed., April 19, 7-9 p.m. Six Rivers Masonic Lodge, 251 Bayside Road, Arcata. Gary Friedrichsen shares photos of his trip to Sulawesi, Halmahera and West Papua, and discusses Alfred Russel Wallace, "Father of Biogeography." Also via Zoom, link online. Please come fragrance-free. Free. rras.org.

Wicked Wednesday Comedy. Wednesdays, 8 p.m. The Siren's Song Tavern, 325 Second St., Eureka. Peter Nelson hosts a hilarious stand up open mic with different comedians. Free. sirensongtavern.com.

Word Humboldt Spoken Word Open Mic. Tuesdays, 6-9 p.m. Northtown Coffee, 1603 G St., Arcata. Sign up list goes up at 6 p.m., and the open mic kicks off at 6:30 p.m. Two rounds of open mic poetry and a featured poet. Everyone is welcome, especially new performers. LGBTQ+ friendly. Free. instagram.com/wordhum.



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LIFESTYLE & COMMUNITY

Arcata Plaza Farmers Market. Saturdays, 9 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Fresh produce, meat, fish, cheese, eggs, bread, flowers and more. Music and hot food vendors. No pets, but trained, ADA-certified, service animals are welcome. Free. info@northcoastgrowersassociation.org. northcoastgrowersassociation.org/arcataplaaza.html. (707) 441-9999.

Art and Nature at the Refuge. Third Sunday of every month, 1-4 p.m. Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. Art and nature exploration activities for all ages and abilities. Drop-in anytime between 1 and 4 p.m. Rain or shine. Themes change each month. Free. denise_seeger@fws.gov. fws.gov/refuge/humboldt-bay. (707) 733-5406.

Audubon Guided Field Trip w/Bill Rodstrom. Sat., April 15, 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Bring binoculars and meet trip leader Bill Rodstrom at the end of South I Street (Klopp Lake) for easy-to-walk trails and shorebirds, migratory songbirds and raptors and resident birds. Free. rras.org.

Audubon Guided Field Trip w/Gary Friedrichsen. Sat., April 8, 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Bring binoculars and meet trip leader Gary Friedrichsen at the end of South I Street (Klopp Lake) for easy-to-walk trails and shorebirds, migratory songbirds and raptors and resident birds. Free. www.rras.org.

Beginning Birdwatching & Project Feeder Watch. Third Saturday of every month, 10 a.m.-noon. Jacoby Creek School, 1617 Old Arcata Road, Bayside. Drop in to watch and learn about birds in an informal, family-friendly setting. Bring binoculars. A few pairs available. Visit feederwatch.org/about/project-overview. Free. daseeger@gmail.com. rras.org/home.aspx.

CA Indian Big Time & Social Gathering. Fri., April 7, 10:30 a.m.-6 p.m. West Gym, Cal Poly Humboldt, Arcata. Honoring and highlighting the rich culture of California's first peoples, who are still present today through song, games, resources, arts and crafts and building community. hsuitepp@humboldt.edu. hum.link/BigTime23. (707) 826-3672.

Cal Poly Humboldt Athletics' Celebrity Dinner & Sports Auction. Sat., April 15, 5-9 p.m. Sapphire Palace, Blue Lake Casino, 777 Casino Way. A memorable night with three-time baseball World Series Champion, Jeremy Affeldt to raise money to support student-athlete scholarships.

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Calendar

← CONTINUED FROM PREVIOUS PAGE

\$100. athletics@humboldt.edu. humboldtathletics.com/news/2023/3/1/humboldt-athletics-37th-annual-celebrity-dinner-sports-auction-set-for-april-15.aspx. (707) 826-3666.

Dune Restoration Volunteer Day. Second Saturday of every month, 10 a.m.-1 p.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Restore the biodiversity of the coastal dunes with the team. Snacks and tools provided. Meet at the center a few minutes before 10 a.m. Free. info@friendsofthedunes.org. friendsofthedunes.org. (707) 444-1397.

Easter Adventure. Sat., April 8, 11 a.m.-2 p.m. Sequoia Park, 3414 W St., Eureka. Join the city of Eureka Community Services Department for the annual event to follow clues from the Easter Bunny and win a prize. Photos with the Easter Bunny. facebook.com/events/603334535037102. (707) 441-4248.

Eureka Waterfront Birding Trip. Sun., April 16, 9-11 a.m. Eureka Waterfront, Foot of Del Norte Street. With leader Ralph Bucher. This relatively urban trail offers the potential to observe species abundance and diversity compared to many more remote locations. This walk is on a flat, paved trail that is wheelchair accessible. Free. rras.org.

Explorations in Mixed Media Textile Art. Thu., April 13, 7-8:30 p.m. Wharfinger Building Bay Room, 1 Marina Way, Eureka. Humboldt Handweavers and Spinners Guild April meeting features local fiber artist April Sproule of Sproule Studios. Snacks at 6:45 p.m. Free. aeburroughs@gmail.com. hhsguild.org/newsletter. (707) 845-5758.

Family Easter Egg Hunt. Sat., April 8, 2-5 p.m. Stewart Park, Arcata, Arcata. Egg hunting, carnival games, snacks, photos with the Easter bunny and face-painting. The egg hunt will be held by age groups. Arrive closer to 2 p.m. to ensure you don't miss out on the action. Free. friendsoftheveteranshall@gmail.com. fb.me/e/OoPxIPvR.

Ferndale Easter Egg Hunt. Sat., April 8, 10:30-11:30 a.m. Ferndale Fireman's Pavilion, 100 S. Berding St. Youngsters hunt for candy-filled eggs hidden by Ferndale Scouts and enjoy a meet & greet with the Easter bunny. Prizes in four categories, by age.

First Friday Market Series. First Friday of every month, 4-7 p.m. Herb & Market Humboldt, 427 H St., Arcata. Music, food trucks, artisans and more. Must have a doctor's recommendation or be over the age of 21 to enter. Free. Herbandmarket@gmail.com. (707) 630-4221.

Food Truck Festival. Sun., April 16, 10 a.m.-7 p.m. Redwood Harley-Davidson, 2500 6th St., Eureka. Vendors, car and bike show.

Forest Restoration at Rohner Park. Third Saturday of every month, 9-11 a.m. Fortuna Firemen's Pavilion, 9 Park St. Remove invasive English ivy and French broom. Tools and gloves available but you are encouraged to bring your own. High winds or heavy rain cancels. Light snack provided. Free. unde1942@gmail.com. (707) 601-6753.

Friday Night at the Refuge. Fri., April 7, 7-8 p.m. Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. Join David F. Thomson for a photographic presentation titled "It's Not What You See, But How You See It." The first Friday of every month April through October, the Salmon Creek Unit and Shorebird Loop Trail will be open from 8 a.m. to 8 p.m. denise_seeger@fws.gov. fws.gov/refuge/humboldt-bay. (707) 733-5406.

Godwit Days Spring Migration Bird Festival. April 14-16. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. Returning to an in-person, four-day event with multiple field trips each day, keynote lectures, a free opening reception, vendors, a silent auction, a banquet, free nature crafts and more. godwitdays.org.

Habitat Improvement Team Volunteer Workday. Second Saturday of every month, 9 a.m.-noon. Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. Help restore habitat by removing invasive, non-native plants and maintaining native plant areas. Wear long pants, long sleeves and closed-toe shoes. Bring drinking water. Tools, gloves and snack provided. denise_seeger@fws.gov. fws.gov/refuge/humboldt-bay. (707) 733-5406.

Humboldt Bay National Wildlife Refuge Birding Trip. Sun., April 9, 9-11 a.m. Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. Meet leader Ralph Bucher at the Visitor Center for this 2-mile walk along a wide, flat trail that is packed gravel and easily accessible. Email to sign up. Free. thebook@reninet.com. rras.org.

Kid's Night at the Museum. Fridays, 5:30-8 p.m. Redwood Discovery Museum, 612 G St., Eureka. Drop off your 3.5-12 year old for interactive exhibits, science experiments, crafts and games, exploring the planetarium, playing in the water table or jumping into the soft blocks. \$17-\$20. info@discovery-museum.org. discovery-museum.org/classesprograms.html. (707) 443-9694.

Language Exchange Meetup. First and Second Friday of every month, 5-7 p.m. Familia Coffee,

1350 Ninth St., Arcata. Speak your native language. Teach someone a language. Learn a language. familiacoffees.com/. (925) 214-8099.

Pancake Breakfast. Third Sunday of every month, 8-11 a.m. Mattole Grange, 36512 Mattole Road, Petrolia. All the scratch-made pancakes you can eat, organic eggs cooked to order, bacon or local sausage, coffee or milk, organic orange juice. \$10, \$5 for ages 7-12, free for ages 6 and under. evenson@igc.org. (707) 629-3421.

Samoa Dunes & Wetlands Conservation Area. Third Saturday of every month, 10 a.m.-1 p.m. Samoa Dunes & Wetlands Conservation Area, Coper Lane, Arcata. Join a Friends of the Dunes naturalist for a tour of this recently conserved area. Includes walking on loose sand and up and down some moderate slopes. Email or call to sign up. Free. info@friendsofthedunes.org. friendsofthedunes.org. (707) 444-1397.

Spring Guided Walk at Founders Grove. Sat., April 8, 2-3 p.m. and Fri., April 14, 2-3 p.m. Humboldt Redwoods State Park, 17119 Avenue of Giants, Weott. Learn about the park's cultural and natural history while being in it. This walk is 0.6 miles long on a flat ADA trail. Meet at the Founders Grove picnic area/parking lot. Free. humboltdredwoods.org.

Spring Guided Walk at Gould Grove. Sat., April 8, 10:30-11:30 a.m. and Sat., April 15, 10:30-11:30 a.m. Humboldt Redwoods State Park Visitor's Center, 17119 Avenue of the Giants, Weott. Learn about the park's cultural and natural history while being in it. Walk is 0.6 miles on a flat ADA trail. Meet in front of the Humboldt Redwoods State Park Visitor Center. Free. humboltdredwoods.org.

Sunday Springles Disc Golf League. Sundays, 12:30-3:30 p.m. Beau Pre DiscGolfPark at the Beau Pre Golf Course, 1777 Norton Road, McKinleyville. Flex-start PDGA sanctioned disc golf league. Six-week series. Play in any or all of the weeks. All PDGA divisions available. Membership not required. Book a tee time with the Pro Shop. \$10 buy-in. beauprediscgolf@gmail.com. instagram.com/beauprediscgolf/. (707) 839-2342.

Trivia Night. Third Tuesday of every month, 6-9 p.m. Redwood Curtain Brewing Co. Myrtle Ave. Tasting Room, 1595 B Myrtle Ave., Eureka. Test your knowledge while enjoying craft beer. The winning team wins a Redwood Curtain gift card. (707) 269-7143.

Walk in the Park Fitness. Saturdays, 10-11 a.m. Sacco Amphitheater, 1101 Waterfront Drive, Eureka. Join Samantha from Eden Personal Fitness for a functional fitness walk down Waterfront Trail. All fitness levels welcome. Dress for the weather. Free. edenpersonalfitness@gmail.com. edenpersonalfitness.com.

(707) 362-9004.

Women and Girls' Birding Trip. Sun., April 9, 8:30-11 a.m. Freshwater Farms Reserve, 5851 Myrtle Ave., Eureka. Join Redwood Region Audubon Society and trip leader Kathryn Wendel in exploring the Freshwater Farms Reserve. Meet at Freshwater Farms Reserve parking lot near the corner of Myrtle Avenue and Freshwater Road. Free. rras.org.

Woodturners Meeting. Second Saturday of every month, 1-3 p.m. Almqvist Lumber Company, 5301 Boyd Road, Arcata. Exchange ideas, instruction and techniques for safe and successful woodturning. Beginning and experienced turners welcome. Meetings include a themed project demo, show and tell opportunities and Q&A. Free. redcoastturners@gmail.com. (707) 616-4922.

NIGHTLIFE

Arcane Artists. Sat., April 8, 9 p.m.-2 a.m. The Jam, 915 H St., Arcata. Arcane Artists presents Spukes.Zera.GmNite. Specialty cocktails. VIP available. \$10. tyroncypheers24@outlook.com. thejamarcata.com. (707) 82205266.

Grand Opening. Fri., April 14, 2 & 6 p.m. Peaches & Pearls, 853 H Street, Arcata. Peaches & Pearls grand opening with a 2 p.m. ribbon cutting and 6 p.m. drag show. megan@peachesand-pearls.com. www.peachesandpearls.net. (707) 502-2859.

Karaoke. Tuesdays, 8 p.m. Firewater Lounge, Cher-Ae Heights Casino, 27 Scenic Drive, Trinidad. Pick a song and sing.

Sign of The Times: An Aries Artists dance party. Sat., April 15, 9 p.m. Richards' Goat Tavern & Tea Room Miniplex, 401 I St., Arcata. Celebrate the return of spring and Aries season with a night of genre-spanning music by all Aries artists. Selections by DJs East One and Green Beans. Ages 21 and up. \$5-\$10 sliding scale, no one turned away for lack of funds. info@miniplexevents.com. fb.me/e/sNkLA3jm. (707) 630-5000.

That '70s Karaoke Party. Thu., April 20, 8:30 p.m. Richards' Goat Tavern & Tea Room Miniplex, 401 I St., Arcata. Dress up and sing some '70s songs. Disco ball and themed decor. Ages 21 and up. No cover, two-drink minimum. info@miniplexevents.com. fb.me/e/1ozlvrPob. (707) 630-5000.

Throw 'Em Back Thursdays. Third and First Thursday of every month, 9 p.m. Wave Lounge, Blue Lake Casino, 777 Casino Way. DJ Statik spinning throwback, hip hop and R&B. Free. bluelakecasino.com/entertainment/wave.

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Thursday-Friday-Saturday Canteen. Saturdays, 3-9 p.m. Redwood Empire VFW Post 1872, 1018 H St., Eureka. See the newly remodeled Memorial Building and enjoy a cold beverage in the canteen with comrades. Play pool or darts. If you're a veteran, this place is for you. Free. PearceHansen999@outlook.com. (707) 443-5331.

Whomp. Fri., April 7, 9 p.m.-2 a.m. The Jam, 915 H St., Arcata. DJs MYTHM, Chopsjunkie, McG/Norman. \$15. tyroncyphers24@outlook.com. thejamarcata.com. (707) 822-5266.

Mendocino County

LIFESTYLE & COMMUNITY

First Friday Art Walk. First Friday of every month, 5-8 p.m. Downtown Ukiah, Ukiah. Join artists and their hosts for an evening of art, music and refreshments as you stroll from one venue to the next; each showcasing local art and artistry.

Fort Bragg Farmers Market. Wednesdays, 2-4:30 p.m. Fort Bragg Farmers Market, N Franklin St. & E Laurel St. Seasonal fruits, vegetables, organic and free range beef and pork and eggs, wild-caught local fish and seafood, artisan goat cheese, sweets, breads, flowers and plants. Plus, hot food, live music.

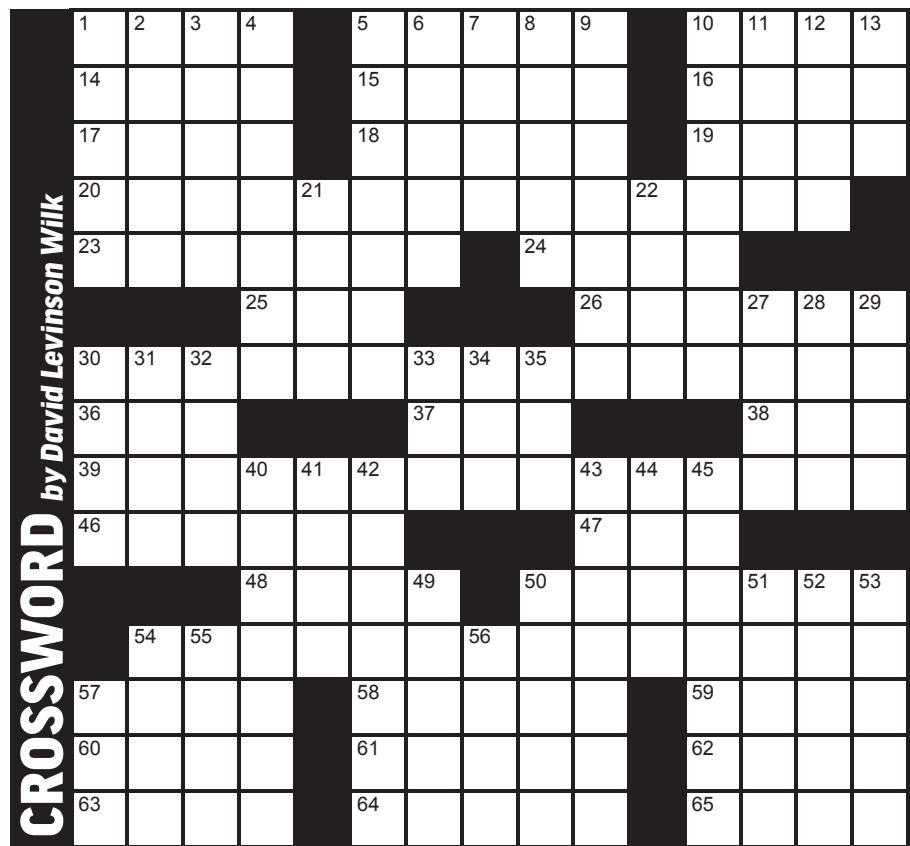
Historic Walking Tours of Mendocino.

Saturdays, Sundays. Guest House Museum, 343 N Main St., Fort Bragg. Join local history experts on a two-hour walk through Mendocino's famous Historic District. Book via email. Face coverings required. Well-behaved dogs allowed but must remain outside at some stops. \$50 for up to four people, \$75 for party of six. tours@KelleyHouseMuseum.org.

Lighthouse Lens Tour. Sat., April 8, 10 a.m.-4 p.m. Point Cabrillo Light Station, 13800 Point Cabrillo Drive, Mendocino. Join volunteer docents at Point Cabrillo Light Station State Historic Park for the unique opportunity to climb to the top of the lighthouse tower and stand next to the historic 1909 Fresnel Lens. First-come, first-served, no reservations. \$10, \$5 child (under 18).

Thursday Garden Tours. Thursdays, 1-3 p.m. Mendocino Coast Botanical Gardens, 18220 North Highway 1, Fort Bragg. These weekly one-hour introductory tours of the Mendocino Coast Botanical Gardens focus on the gardens' many plant collections. Free with regular gardens admission, free for members. garden-bythesea.org.

Ukiah Farmers Market. Saturdays, 9 a.m.-noon. Alex Thomas Plaza, School and Clay streets, Ukiah. ♦



AFRICA — Answers in the next edition

ACROSS

1. Show support
5. Red as ___
10. Budgetary concern
14. Car, slangily
15. Mythological maiden
16. Nike competitor
17. ___ vez (again, in Spanish)
18. Slightest amount
19. Flat fee?
20. "A puzzle that uses the names of African countries in punny ways ___"
23. Plant with a bitter root
24. It's the end of the lion
25. Two-time All-Pro linebacker Umenyiora
26. Some sweaters
30. "Puns! And world geography! Why, this puzzle ___!"
36. Adjective in many rap star names
37. Scene
38. "___-ching!"
39. "Wait, what? You don't like puns OR world geography ___!"
46. President, at times
47. Deface
48. "That's ___ haven't heard"
50. One-named singer who is alphabetically first in "The Billboard Book of Top 40 Hits"
54. "Well, I happen to have

a soft spot for both geography and puns ... ___?"

57. It's out on a limb
58. Zellweger of "Chicago"
59. Gulf State leader
60. Poet Angelou
61. Forearm bone-related
62. Word that follows asteroid, black or conveyor
63. Spend the night
64. Word sung twice before "hallelujah"
65. Santa ___ Valley (winegrowing valley)

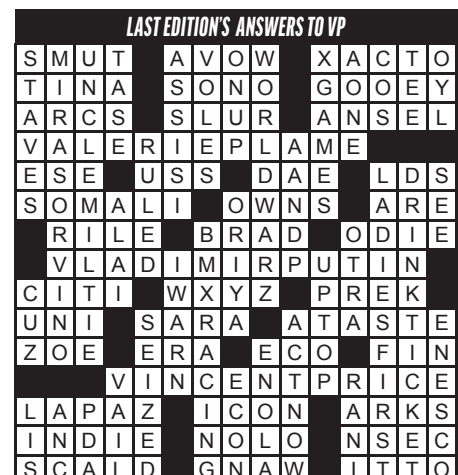
DOWN

1. Three, it's said
2. Art shop offering
3. "What ___!" ("Bummer!")
4. Mossy wetland
5. Willa Cather title heroine
6. Talking Heads singer David
7. Some online reading
8. Center of Florida?
9. Stand-up routine in a stadium?
10. Spreader of holiday cheer
11. Pizzeria fixture
12. Perform on "The Voice," say
13. Pic on a pec, perhaps
21. "___ or charge?"
22. Bath residue
27. ___ beans (chickpeas)
28. Madeline of "Blazing Saddles"

29. Kind of party
30. "___ It" (2006 Young Jeezy single)
31. Buster Brown's dog
32. Thin strip
33. Catch, as a criminal
34. Suffix with orange or lemon
35. ___ choy
40. 2001 National Book Award winner "The ___ Demon"
41. Keep from
42. It's not wall-to-wall
43. Mental pictures
44. He called some of his

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- pieces "hand-painted dream photographs"
45. Not get out of the car, say
49. 1964 Beatles tune "If ___"
50. Toward the back
51. Arabian Peninsula country
52. Miss by ___
53. Enterprise rival
54. Pitcher Jim who was a 16-time Gold Glove winner
55. Four-time Best New Age Album Grammy winner
56. ___ occasion (never)
57. Maritime letters



HOME COUNTRY

By Slim Randles



It was just one of those things. It didn't really mean Marvin Pincus had lost his mind. Consider this yourself for a minute. Marvin had opened the mail that morning and in it was the Fenwick glass fly rod he'd ordered. Oh, it was used, of course. But there's a feel to a Fenwick that only a man dedicated to a life of using dry flies can appreciate.

The weather was gorgeous. The fish were biting on Lewis Creek. But there was a hitch. Marvin had broken his ankle the previous week and was temporarily in a wheelchair. It was his right ankle, so he couldn't drive down to the creek. And there, in his hands, was the Fenwick. He put it together, attached a reel and some four-weight line and set it

on the couch and looked at it.

Marjorie was off visiting her sister, so she couldn't help him. But there's a pull, an irresistible draw to a fly rod. He had to cast it.

Now.

It took Marvin about 20 minutes to negotiate the front steps with that wheelchair and the Fenwick. Oh, he could've called a friend to help him, but how could he possibly explain why?

Finally, he negotiated the sidewalk and then the edge of the street itself. There were no cars coming this early afternoon.

Up came the Fenwick. A few swishes in the air told Marvin he'd done the right thing in ordering the rod. So he ran out

some line and began casting. About halfway across the street was a large mulberry leaf. He did a double haul on the line and sent the fly toward the leaf. It took several tries before he hit it, but when he made that cast, you could've sold tickets to it. His fly came to rest about three feet above the leaf and then fluttered gently down onto its target. Marvin's smile said it all.

Then the school bus came around the corner full of kids heading home, and Marvin realized he was casting a fly rod from a wheelchair onto dry pavement.

"Hi Mr. Pincus!" yelled one of the kids. "Catch anything?"

"A little slow today, Billy," he yelled back.

"Isn't it hard to catch fish without water?" Billy yelled.

"It's okay, son," Marvin said with a grin. "I'm using a dry fly!" ♦

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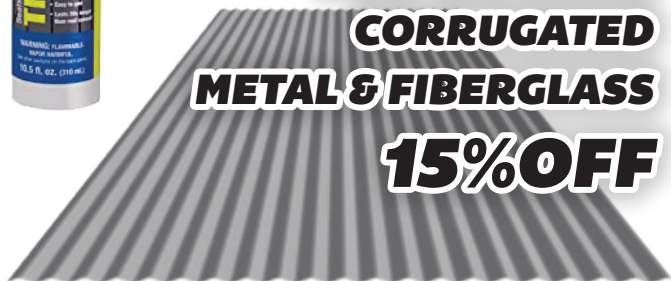
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HOURS:
MON - SAT:
7:30 a.m. - 5:30 p.m.
SUNDAY:
9:00 a.m. - 3:30 p.m.